



ABSTRACT OF DISCLOSURE

A method of making an alternative bottled water comprising as main ingredients, D-ribose, L-carnitine, Coenzyme Q10, Adenosine triphosphate, Taurine, Garcinia combgia, Chromium polynicotinate, or chromium picolate with or without L-Aspartic acid to provide cardiovascular fitness and overall physical energy. Said energy fitness water may also contain a non- nutritive or nutritive sweetener, aroma and coloring.

The bottled water prepared from these ingredients has pH range from 3.5 to 7.0 dependent on processing and packaging of the bottled water.

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